

North Dakota Parks & Recreation Department

## NEWS RELEASE

*For Immediate Release, Wednesday, May 28, 2014*

*For more information, contact parks individually*

### ***State Parks plan National Trail Day events, June 7***

National Trails Day is being recognized by North Dakota State Parks on Saturday, June 7. National Trails Day encourages people to step outside and be active. Take time to walk, hike or bike and explore the many urban and off-road trails of North Dakota. Remember to thank the many individuals, groups, organizations and volunteers that continuously work to sustain and develop our trail systems. The following North Dakota State Parks will be hosting events.

**Beaver Lake State Park:** Join a ranger for a guided hike along the Nature Trail. After the guided hike, take the opportunity to explore other portions of the Beaver Lake State Park trail system on your own. Meet at the park swim beach at 10 a.m. 701-452-2752

**Cross Ranch State Park:** The park is hosting a 5K Run/Walk starting at 8 a.m. The Run/Walk will be open to all ages providing an opportunity to park visitors to run or walk a 5K course through the cottonwoods that border the Missouri River. Refreshments, snacks and prizes will be available to participants. 701-794-3731

**Fort Abraham Lincoln State Park:** A “National Trails Day” event is being scheduled for Saturday, June 7. There is a 15K Trail Race and 5K Family Fun Run/Walk. Registration is from 7 to 8:30 a.m. at the Commissary with a cost of \$15. Races begin in front of the Custer House. Registered participants receive an official Ft. Lincoln t-shirt. 701-667-6340

**Fort Ransom State Park:** Hike with the park manager. Meet at the Bjone House Visitor House Center at 10 a.m. for a 2 hour walk on parks trails. Please dress for the weather conditions and bring bug spray and a water bottle. 701-973-4331

**Fort Stevenson State Park:** Ranger guided hike through park's native prairie starting at 2 p.m. The North Dakota bird checklist is available. Hike will start at the Guardhouse Interpretive Center. 701-337-5576

**Grahams Island State Park:** The National Trails Day Hike will begin at 2 p.m. The 2 to 3 mile hike will tour the park guided by a ranger. 701-766-4015

**Icelandic State Park:** Guided hikes at 9:30 a.m., 4 p.m. and a night hike at dusk. T-shirts and other door prizes awarded at each hike. 701-265-4561

**Lake Metigoshe State Park:** Dakota Explorers 10 a.m. Trail Tales for kids of all ages! Celebrate National Trails Day by joining us at the amphitheater to hear some fun stories surrounding trail adventures. 2 p.m. Scavenger Hunt Hike. Meet in front of the Maid O'Moonshine comfort station to explore the Old Oak Trail by doing a scavenger hunt. Come for your chance to explore the Old Oak and

to win prizes! 7:30 p.m. Canoe Trail Adventures. We'll go over the basics at the Warming house and head out for an evening on a portion of our canoe trail! Equipment provided. Those under 18 need to be accompanied by an adult. 701-263-4651

**Lake Sakakawea State Park:** A one-mile guided hike on the North Country Scenic Trail will begin at 2 p.m., starting at the Visitor Center. Be prepared with comfortable shoes, sunscreen, bug spray, water bottle, sunglasses or hat, and appropriate clothing. 701-487-3315

**Turtle River State Park:** National Trails Day events will be held in conjunction with other events being held at the park on Saturday, June 14. 701-594-4445

Further information can be found on the North Dakota Parks and Recreation Department website at [www.parkrec.nd.gov](http://www.parkrec.nd.gov).